

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: ZCK

Coachinfo: Warming up from: 13:00 untill 13:55. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van den Brande Liesbeth

Coaches: Martens Jelle HEADCOACH

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 2: 400M MEDLEY MEN 11+

Heat:1, starttime: 14:00

Heat: 1/2 Lane : 5 Athlete: VERSPECHT KOBE

Q-time: 99:99:99

PB (25m pool): 06:43.85 Dilbeek 12/05/2024

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:43.85
								

Coach feedback:

Event number: 3: 200M BREASTSTROKE WOMEN 11+

Heat:1, starttime: 14:15

Heat: 1/6 Lane : 3 Athlete: SCHAEERLAEKEN NOOR

Q-time: 04:09:81

PB (25m pool): 04:09.81 Liedekerke 01/05/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:55.81		02:00.73		no time		04:09.81
	00:55.81		01:04.92					
								

Coach feedback:

Event number: 3: 200M BREASTSTROKE WOMEN 11+

Heat:1, starttime: 14:15

Heat: 1/6 Lane : 4 Athlete: VAN DEN EYNDE PAULIEN

Q-time: 04:25:18

PB (25m pool): 04:25.18 Ternat 30/03/2025

PB (50m pool): no time SB: no time

	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		01:00.23		02:10.94		no time		04:25.18
	01:00.23		01:10.71					
								

Coach feedback:

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Event number: 3: 200M BREASTSTROKE WOMEN 11+							Heat:2, starttime: 14:20	
Heat: 2/6 Lane : 5 Athlete: REYNIERS FIEN							Q-time: 03:46:01	
PB (25m pool): 03:47.33 Tervuren 27/04/2024				PB (50m pool): 03:46.01 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		03:47.33
	no time							
								

Coach feedback:

Event number: 3: 200M BREASTSTROKE WOMEN 11+							Heat:3, starttime: 14:25	
Heat: 3/6 Lane : 6 Athlete: DE SAEGER JULIE							Q-time: 03:38:09	
PB (25m pool): 03:38.09 Tremelo 18/01/2026				PB (50m pool): 03:38.11 SB: 03:38.09 Tremelo 18/01/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.67		01:43.40		no time		03:38.09
	00:47.67		00:55.73					
								

Coach feedback:

Event number: 3: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 14:30	
Heat: 4/6 Lane : 3 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 03:15:56	
PB (25m pool): 03:15.56 Ternat 14/12/2025				PB (50m pool): no time SB: 03:15.56 Ternat 14/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:45.15		01:35.44		no time		03:15.56
	00:45.15		00:50.29					
								

Coach feedback:

Event number: 3: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 14:30	
Heat: 4/6 Lane : 4 Athlete: NUYTKENS MARIE							Q-time: 03:16:07	
PB (25m pool): 03:16.07 Ternat 14/12/2025				PB (50m pool): no time SB: 03:16.07 Ternat 14/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.16		01:35.07		no time		03:16.07
	00:44.16		00:50.91					
								

Coach feedback:

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Event number: 3: 200M BREASTSTROKE WOMEN 11+							Heat:4, starttime: 14:30	
Heat: 4/6 Lane : 6 Athlete: TAJEDDINE INES							Q-time: 03:24:37	
PB (25m pool): 03:24.37 Liedekerke 01/05/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:47.20		01:39.47		no time		03:24.37
	00:47.20		00:52.27					
								

Coach feedback:

Event number: 3: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 14:35	
Heat: 5/6 Lane : 1 Athlete: VERSPECHT LIEN							Q-time: 03:14:86	
PB (25m pool): 03:14.86 Gent 23/02/2025				PB (50m pool): 03:35.33SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.94		01:32.05		02:23.63		03:14.86
	00:42.94		00:49.11		00:51.58		00:51.23	
								

Coach feedback:

Event number: 3: 200M BREASTSTROKE WOMEN 11+							Heat:5, starttime: 14:35	
Heat: 5/6 Lane : 2 Athlete: JACOBS ROXANNE							Q-time: 03:12:71	
PB (25m pool): 03:12.71 Gent 23/02/2025				PB (50m pool): 03:31.95SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:43.78		01:33.07		02:23.15		03:12.71
	00:43.78		00:49.29		00:50.08		00:49.56	
								

Coach feedback:

Event number: 3: 200M BREASTSTROKE WOMEN 11+							Heat:6, starttime: 14:35	
Heat: 6/6 Lane : 1 Athlete: VERSPECHT KAAAT							Q-time: 03:11:27	
PB (25m pool): 03:11.27 Leuven 12/10/2025				PB (50m pool): 03:22.07 SB: 03:11.27 Leuven 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:42.23		01:31.18		02:21.57		03:11.27
	00:42.23		00:48.95		00:50.39		00:49.70	
								

Coach feedback:

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Event number: 5: 50M FREESTYLE WOMEN 18+										Heat:1, starttime: 14:45	
Heat: 1/1 Lane : 1 Athlete: LONCKE FEBE									Q-time: 99:99:99		
PB (25m pool): 00:29.47 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): no time SB: 00:29.47 Kapelle-op-den-Bos 19/04/2026						
	2 5 M		5 0 M								
PB			00:29.47								
	00:29.47										
											

Coach feedback:

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:1, starttime: 14:50	
Heat: 1/8 Lane : 4 Athlete: VAN DEN BRANDE JASPER							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 14:55	
Heat: 2/8 Lane : 3 Athlete: VERHEYEN TAYLOR							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:2, starttime: 14:55	
Heat: 2/8 Lane : 5 Athlete: VANDERWEE MATTIAS							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:6, starttime: 15:15	
Heat: 6/8 Lane : 1 Athlete: LAUWENS FINN							Q-time: 03:00:94	
PB (25m pool): 03:00.94 Sint-Niklaas 28/12/2025				PB (50m pool): no time SB: 03:00.94 Sint-Niklaas 28/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.94		01:31.25		no time		03:00.94
	00:44.94		00:46.31					
								

Coach feedback:

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:7, starttime: 15:20	
Heat: 7/8 Lane : 1 Athlete: VAN DEN BRANDE LUCAS							Q-time: 02:47:97	
PB (25m pool): 02:47.97 Meise 22/06/2025				PB (50m pool): 02:54.63SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.25		01:21.59		no time		02:47.97
	00:38.25		00:43.34					
								

Coach feedback:

Event number: 7: 200M BACKSTROKE MEN 11+							Heat:7, starttime: 15:20	
Heat: 7/8 Lane : 2 Athlete: VAN DEN BROECK TIEBE							Q-time: 02:42:55	
PB (25m pool): 02:42.55 Sint-Niklaas 28/12/2025				PB (50m pool): 02:49.42 SB: 02:42.55 Sint-Niklaas 28/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.70		01:19.60		no time		02:42.55
	00:38.70		00:40.90					
								

Coach feedback:

Event number: 8: 50M FREESTYLE WOMEN 11+										Heat:3, starttime: 15:30	
Heat: 3/7 Lane : 2 Athlete: VAN DEN EYNDE PAULIEN									Q-time: 00:41:21		
PB (25m pool): 00:39.40 Kapelle-op-den-Bos 19/04/2026					PB (50m pool): no time SB: 00:39.40 Kapelle-op-den-Bos 19/04/2026						
	2 5 M		5 0 M								
PB			00:39.40								
			00:39.40								
											

Coach feedback:

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Event number: 8: 50M FREESTYLE WOMEN 11+			Heat:3, starttime: 15:30
Heat: 3/7 Lane : 3 Athlete: TAJEDDINE INES			Q-time: 00:38:77
PB (25m pool): 00:38.77 Vilvoorde 18/05/2025			PB (50m pool): 00:44.27 SB: no time
	2 5 M	5 0 M	
PB		00:38.77	
		00:38.77	
			

Coach feedback:

Event number: 8: 50M FREESTYLE WOMEN 11+			Heat:4, starttime: 15:30
Heat: 4/7 Lane : 6 Athlete: SCHAERLAEKEN LANA			Q-time: 00:38:77
PB (25m pool): 00:38.13 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: 00:38.13 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	
PB		00:38.13	
		00:38.13	
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:00
Heat: 3/5 Lane : 5 Athlete: VANDERWEE MATTIAS			Q-time: 00:42:16
PB (25m pool): 00:39.69 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: 00:39.69 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	
PB		00:39.69	
		00:39.69	
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:3, starttime: 16:00
Heat: 3/5 Lane : 6 Athlete: VAN DEN BRANDE JASPER			Q-time: 00:47:27
PB (25m pool): no time			PB (50m pool): 00:47.27 SB: no time
	2 5 M	5 0 M	
PB		no time	
		no time	
			

Coach feedback:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:00
Heat: 4/5 Lane : 2 Athlete: VERSPECHT KOBE			Q-time: 00:33:83
PB (25m pool): 00:34.44 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:34.48 SB: 00:34.44 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	
PB		00:34.44	
		00:34.44	
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 11+			Heat:4, starttime: 16:00
Heat: 4/5 Lane : 4 Athlete: VAN DEN BRANDE LUCAS			Q-time: 00:33:64
PB (25m pool): 00:33.48 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): 00:33.73 SB: 00:33.48 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	
PB		00:33.48	
		00:33.48	
			

Coach feedback:

Event number: 11: 50M BUTTERFLY WOMEN 11+			Heat:2, starttime: 16:05
Heat: 2/5 Lane : 4 Athlete: SCHAEERLAEKEN LANA			Q-time: 00:43:33
PB (25m pool): 00:43.33 Tremelo 18/01/2026			PB (50m pool): no time SB: 00:43.33 Tremelo 18/01/2026
	2 5 M	5 0 M	
PB		00:43.33	
		00:43.33	
			

Coach feedback:

Event number: 11: 50M BUTTERFLY WOMEN 11+			Heat:3, starttime: 16:05
Heat: 3/5 Lane : 3 Athlete: DE SAEGER JULIE			Q-time: 00:41:19
PB (25m pool): 00:40.69 Kapelle-op-den-Bos 19/04/2026			PB (50m pool): no time SB: 00:40.69 Kapelle-op-den-Bos 19/04/2026
	2 5 M	5 0 M	
PB		00:40.69	
		00:40.69	
			

Coach feedback:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 11: 50M BUTTERFLY WOMEN 11+							Heat:4, starttime: 16:05			
Heat: 4/5 Lane : 6 Athlete: SCHAERLAEKEN NOOR							Q-time: 00:40:40			
PB (25m pool): 00:38.52 Kapelle-op-den-Bos 19/04/2026				PB (50m pool): no time SB: 00:38.52 Kapelle-op-den-Bos 19/04/2026						
	2 5 M		5 0 M							
PB			00:38.52							
	00:38.52									
										

Coach feedback:

Event number: 15: 50M FREESTYLE MEN 11+							Heat:5, starttime: 16:25		
Heat: 5/5 Lane : 6 Athlete: VAN DEN BRANDE LUCAS							Q-time: 00:29:68		
PB (25m pool): 00:30.00 Kapelle-op-den-Bos 19/04/2026							PB (50m pool): 00:29.67 SB: 00:30.00 Kapelle-op-den-Bos 19/04/2026		
	2 5 M		5 0 M						
PB			00:30.00						
	00:30.00								
									

Coach feedback:

Event number: 16: 200M BACKSTROKE WOMEN 11+							Heat:2, starttime: 16:30	
Heat: 2/7 Lane : 5 Athlete: LONCKE FEBE							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

Event number: 16: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 16:35	
Heat: 3/7 Lane : 4 Athlete: DE SAEGER JULIE							Q-time: 03:32:19	
PB (25m pool): 03:32.19 Kapelle-op-den-Bos 21/09/2025				PB (50m pool): no time SB: 03:32.19 Kapelle-op-den-Bos 21/09/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:49.76		01:43.84		no time		03:32.19
	00:49.76		00:54.08					
								

Coach feedback:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 16: 200M BACKSTROKE WOMEN 11+							Heat:3, starttime: 16:35	
Heat: 3/7 Lane : 6 Athlete: VAN DEN EYNDE PAULIEN							Q-time: 03:40:52	
PB (25m pool): 03:40.52 Sint-Pieters-Leeuw 01/03/2026				PB (50m pool): no time SB: 03:40.52 Sint-Pieters-Leeuw 01/03/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:51.57		01:47.68		no time		03:40.52
	00:51.57		00:56.11					
								

Coach feedback:

Event number: 16: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 16:40	
Heat: 4/7 Lane : 1 Athlete: TAJEDDINE INES							Q-time: 03:23:60	
PB (25m pool): 03:23.60 Meise 22/06/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:48.66		01:39.55		no time		03:23.60
	00:48.66		00:50.89					
								

Coach feedback:

Event number: 16: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 16:40	
Heat: 4/7 Lane : 2 Athlete: SCHAERLAEKEN LANA							Q-time: 03:10:27	
PB (25m pool): 03:10.27 Sint-Pieters-Leeuw 01/03/2026				PB (50m pool): no time SB: 03:10.27 Sint-Pieters-Leeuw 01/03/2026				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:43.51		01:32.32		no time		03:10.27
	00:43.51		00:48.81					
								

Coach feedback:

Event number: 16: 200M BACKSTROKE WOMEN 11+							Heat:4, starttime: 16:40	
Heat: 4/7 Lane : 5 Athlete: SCHAERLAEKEN NOOR							Q-time: 03:17:23	
PB (25m pool): 03:17.23 Ternat 14/12/2025				PB (50m pool): no time SB: 03:17.23 Ternat 14/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:44.53		01:35.65		no time		03:17.23
	00:44.53		00:51.12					
								

Coach feedback:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 16: 200M BACKSTROKE WOMEN 11+							Heat:6, starttime: 16:50	
Heat: 6/7 Lane : 5 Athlete: VAN HOOMISSEN CHELSEA							Q-time: 02:51:18	
PB (25m pool): 02:53.25 Sinbad 22/07/2025				PB (50m pool): 02:51.18SB: 02:55.66 Leuven 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.48		01:24.93		no time		02:53.25
	00:40.48		00:44.45					
								

Coach feedback:

Event number: 16: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 16:50	
Heat: 7/7 Lane : 1 Athlete: JACOBS ROXANNE							Q-time: 02:42:78	
PB (25m pool): 02:42.01 TEMSE 24/11/2024				PB (50m pool): 02:46.68 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:38.52		01:19.00		02:01.15		02:42.01
	00:38.52		00:40.48		00:42.15		00:40.86	
								

Coach feedback:

Event number: 16: 200M BACKSTROKE WOMEN 11+							Heat:7, starttime: 16:50	
Heat: 7/7 Lane : 4 Athlete: VERSPECHT LIEN							Q-time: 02:37:15	
PB (25m pool): 02:37.15 Leuven 12/10/2025				PB (50m pool): 02:45.26SB: 02:37.15 Leuven 12/10/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:35.26		01:14.31		01:55.35		02:37.15
	00:35.26		00:39.05		00:41.04		00:41.80	
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:1, starttime: 16:55	
Heat: 1/4 Lane : 4 Athlete: VERHEYEN TAYLOR							Q-time: 99:99:99	
PB (25m pool): no time			PB (50m pool): no time SB: no time					
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		no time		no time		no time		no time
	no time							
								

Coach feedback:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 17:00	
Heat: 2/4 Lane : 2 Athlete: LAUWENS FINN							Q-time: 03:45:66	
PB (25m pool): 03:45.66 Ternat 14/12/2025				PB (50m pool): no time SB: 03:45.66 Ternat 14/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:52.40		01:50.95		no time		03:45.66
	00:52.40		00:58.55					
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:2, starttime: 17:00	
Heat: 2/4 Lane : 6 Athlete: VANDERWEE MATTIAS							Q-time: 03:51:39	
PB (25m pool): 03:51.39 Liedekerke 01/05/2025				PB (50m pool): no time SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:50.47		01:49.33		no time		03:51.39
	00:50.47		00:58.86					
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:3, starttime: 17:05	
Heat: 3/4 Lane : 4 Athlete: VERSPECHT KOBE							Q-time: 03:09:30	
PB (25m pool): 03:09.30 TEMSE 23/11/2025				PB (50m pool): no time SB: 03:09.30 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:41.35		01:29.53		02:19.23		03:09.30
	00:41.35		00:48.18		00:49.70		00:50.07	
								

Coach feedback:

Event number: 17: 200M BREASTSTROKE MEN 11+							Heat:4, starttime: 17:10	
Heat: 4/4 Lane : 5 Athlete: VAN DEN BROECK TIEBE							Q-time: 02:54:72	
PB (25m pool): 02:59.90 TEMSE 23/11/2025				PB (50m pool): 03:01.60SB: 02:59.90 TEMSE 23/11/2025				
	2 5 M	5 0 M	7 5 M	1 0 0	1 2 5	1 5 0	1 7 5	2 0 0 M
PB		00:40.75		01:26.83		02:13.50		02:59.90
	00:40.75		00:46.08		00:46.67		00:46.40	
								

Coach feedback:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 18: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 17:20	
Heat: 2/2 Lane : 1 Athlete: REYNIERS FIEN							Q-time: 06:14:35	
PB (25m pool): 06:14.35 Vilvoorde 18/05/2025				PB (50m pool): 06:20.72 SB: no time				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		no time		01:30.50		no time		no time
	no time							
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:14.35
								

Coach feedback:

Event number: 18: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 17:20	
Heat: 2/2 Lane : 2 Athlete: NUYTKENS MARIE							Q-time: 06:06:56	
PB (25m pool): 06:06.56 Ternat 14/12/2025			PB (50m pool): 06:31.53SB: 06:06.56 Ternat 14/12/2025					
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:37.10		01:23.48		no time		no time
	00:37.10		00:46.38					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:06.56
								

Coach feedback:

Event number: 18: 400M MEDLEY WOMEN 11+							Heat:2, starttime: 17:20	
Heat: 2/2 Lane : 5 Athlete: VERSPECHT KAAAT							Q-time: 06:09:75	
PB (25m pool): 06:09.75 Ternat 14/12/2025				PB (50m pool): no time SB: 06:09.75 Ternat 14/12/2025				
	2 5 M	5 0 M	7 5 M	1 0 0 M	1 2 5 M	1 5 0 M	1 7 5 M	2 0 0 M
PB		00:41.47		01:31.84		no time		no time
	00:41.47		00:50.37					
								
	2 2 5 M	2 5 0 M	2 7 5 M	3 0 0	3 2 5	3 5 0	3 7 5	4 0 0 M
PB		no time		no time		no time		06:09.75
								

Coach feedback:

ZIOS CVB 1mei: Session: 1: COACH evaluation sheet for TEAM: ZCK

Event number: 19: 4x200M FREESTYLE MEN							Heat:1, starttime: 17:35	
Heat: 1/1 Lane : 2 Athlete: TEAM ZCK 1							Q-time: 08:55:00	
PB (25m pool):			PB (50m pool):			SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB								
								

Coach feedback:

Event number: 20: 4x200M FREESTYLE WOMEN							Heat:1, starttime: 17:45	
Heat: 1/1 Lane : 4 Athlete: TEAM ZCK 1							Q-time: 09:30:00	
PB (25m pool):			PB (50m pool):			SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB								
								

Coach feedback:

Event number: 20: 4x200M FREESTYLE WOMEN							Heat:1, starttime: 17:45	
Heat: 1/1 Lane : 5 Athlete: TEAM ZCK 2							Q-time: 10:10:00	
PB (25m pool):			PB (50m pool):			SB:		
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB								
								
	4 5 0 M	5 0 0 M	5 5 0 M	6 0 0 M	6 5 0 M	7 0 0 M	7 5 0 M	8 0 0 M
PB								
								

Coach feedback: